
SCIENCE OF BREATH

A PRACTICAL GUIDE

“Controlling
the breath,
is a prerequisite
to controlling
the mind
and the body.”

—SWAMI RAMA

SWAMI RAMA
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Science of Breath by Swami Rama

Swami Rama

ISBN-089389057X -- xiii. 159 p. : ill. ; 22 cm.

This slender ebook presents a pragmatic advent to the yogic suggestion of breath and the way to make use of it to hyperlink physique and mind. With chapters written through Swami Rama and by way of scientific doctors, the booklet explores either japanese and Western views for a well-rounded view of the topic, assisting the reader to appreciate first the mechanics of ways and why we breathe ahead of delving into the yogic respiring techniques. The Foreword, Introduction, and bankruptcy 1 supply historical past at the breath and discover the explanation at the back of targeting breathing. Prana, or existence energy, is outlined and discussed, and the authors describe some great benefits of constructing a deeper knowledge of our breath. In bankruptcy 2, Dr. Alan Hymes explains the actual mechanics of breathing: what breathing is and why we do it, how the lungs oxygenate the blood, which muscle groups are interested by inhalation and exhalation, and the way these muscle tissues work. Hymes additionally explicates the variations among diaphragmatic breathing, thoracic/chest breathing, and clavicular/shallow breathing. The bankruptcy unearths how breathing, a probably Science of Breath uncomplicated process, is admittedly a posh and extremely important functionality for the body. Chapter three through Dr. Rudolph Ballantine information the anatomy of the nose, nasal cavity, and sinuses, and the way those components form the air currents we breathe and the odors we smell. Ballantine offers options for preserving the nostril fit and functioning properly, together with nasal wash (neti pot) and trade nose respiring (nadi shodhanam). Chapter 4, written by means of Swami Rama, expands upon tips to keep an eye on the breath and use it to manage power within the body. Rama likens the brain to a kite on a string: while the string is held skillfully, you could consultant the kite the place you will want it to go, yet till you learn how to keep watch over the string, the kite will flap round directionlessly. Like a kite's string, pranayama is a device we will discover ways to use to regulate the mind. Rama states that there's a reciprocal courting among breath and mind. We've all saw sure temper (for example, anger, fear, or passion) may end up in a transformation on one's respiring pattern; the speak is usually true, that consciously Science of Breath altering one's respiring can have an effect on one's nation of mind. Rama explains, "By consciously making the breath deep, even, and regular, we are going to event a visible unlock of hysteria Science of Breath and an elevated feel of rest and tranquility" (84). Rama is going directly to provide a chain of respiring suggestions that you will use to accomplish this result. Overall, this can be a invaluable booklet for somebody attracted to pranayama and meditation. The photographs and diagrams through the ebook are relatively helpful for realizing the clinical anatomic techniques and the actual yoga positions described. The medically centred chapters on breathing and nasal functionality are really worthwhile for readers extra used to Western technological know-how than japanese philosophy, making the publication an outstanding stepping stone in the direction of extra reading, however the booklet is very helpful in its personal correct as a finished dialogue of the functionality of breath.

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